



Fitness Incentive Program

1. Purpose: To reward active duty members for pursuing and maintaining a lifestyle dedicated to fitness, health and wellness as well as positively promote troop readiness.
2. Eligibility: Any Active Duty member assigned to CBC Gulfport for any length of time whether fit or striving for improved fitness.
3. Process:
 1. Registration – The active duty member must present the military ID to the fitness staff member and fill out a personal information log for contact purposes.
 2. Logs – The logging sheets will be in the custody of the Fitness Assistant/Fitness Supervisor on duty. Once you complete an activity that falls within the guidelines of the program, you fill out your log and have a Fitness Assistant/Fitness Supervisor sign.
 3. Activities – All activities must be performed on personal time. No points will be awarded for mandatory command PT.
 4. Point Accumulation – A detailed spreadsheet listing ways to earn points and the number of points will be maintained in each participant's file. The Fitness Assistant/Fitness Supervisor is the ONLY one who may enter and tally points.
 5. Prizes - Prizes will be awarded after 10 points, 30 points, 60 points and a grand prize after 100 points. The points accumulated must be in the guidelines provided in the detailed spreadsheet in order to receive prizes. The incentive program must be completed in one year or less or the points will be voided.
 - a. 10 points – 6-pak cooler
 - b. 30 points – drawstring sport pack
 - c. 60 points – umbrella
 - d. 100 points – beach chair
 6. Exceptions – A program can be put on hold by a Fitness Assistant/Fitness Supervisor signature if the member goes on deployment or FEX. This must be done prior to deployment or FEX.

The MWR Fitness staff wishes you the best.